

PAR-Q: "Pre-Exercise" Questions

(Physical Activity Readiness Questionnaire)

Please circle your answer on the sheet provided

YES	NO	Has your doctor ever said that you have a heart condition AND that you should only do physical activity prescribed by a doctor?
YES	NO	Do you feel pain in your chest when you do physical activity?
YES	NO	In the past month, have you had chest pain(s) when you were not doing any physical activity?
YES	NO	Do you lose your balance because of dizziness or do you ever lose consciousness?
YES	NO	Do you have a bone or joint problem that could be made worse by a change in your physical activity?
YES	NO	Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
YES	NO	Are you currently pregnant or know of any other reason why you should not do physical activity?

If you answered YES to one or more questions:

If you answered yes to one or more questions, you are older than age 40, and/or have been inactive or are concerned about your health, the Shaw JCC will require that you will receive a physician's consent before beginning an exercise regimen at the Shaw JCC. The Shaw JCC will require a signed medical clearance release form to be hand delivered, faxed, or mailed to the JCC before you begin your exercise program. In most cases, you will still be able to do any type of activity you want as long as you adhere to some guidelines that your physician prescribes for you.

If you answered NO:

If you answered no to all the PAR-Q questions, you can be reasonably sure that you can exercise safely and have low risk of having any medical complications from exercise. It is still important to start slowing and increase gradually. It may also be helpful to have a fitness assessment with a personal trainer in order to determine where to begin. If any of your health questionnaire questions change during your membership at the Shaw JCC, please notify the Shaw JCC immediately.

When to delay the start of an exercise program:

- If you are not feeling well because of a temporary illness, such as a cold or a fever, wait until you feel better to begin exercising.
- If you are or may be pregnant, talk with your doctor before you start becoming more active.

Member signature _____

Date _____

